



CALHOUN COUNTY PUBLIC HEALTH DEPARTMENT

190 E. Michigan Avenue, Ste. A100 Phone: (269) 969-6370
Battle Creek, Michigan 49014 Fax: (269) 966-1489
www.calhouncountymi.gov/publichealth

"Building a better county through responsive leadership"

Contact: Brigette Reichenbaugh, Public Information Officer
(269) 969-6366

New Year: A Great Time to Quit Tobacco Use **December 21, 2012**

In recognition of New Year's resolutions to quit tobacco use, the Calhoun County Public Health Department is encouraging people to take steps to make their resolution successful.

There are numerous proven and effective methods available to Michigan residents including:

- The Michigan Department of Community Health (MDCH) Tobacco Quitline, 1-(800) 784-8669, which provides free telephone coaching for the uninsured and those with Medicaid and Medicare, and free nicotine replacement medications for those who qualify. The Quitline includes extra help for pregnant and postpartum women. Information on quitting smoking and a free printable Michigan Smoker's Quit Kit are available through MDCH by visiting: www.michigan.gov/tobacco.
- BecomeAnEX.org, which is a free, interactive website that shows smokers how to re-learn life without cigarettes. The site, developed by the American Legacy Foundation in partnership with Mayo Clinic, offers a free, personalized quit plan and an online support community to help people prepare to quit and stay quit.
- Tools from the American Cancer Society, which are available to help with quitting. For more information contact the American Cancer Society at 1-800-227-2345.
- Your individual health care provider, who can provide counseling, nicotine replacement medication, and referral to services.

According to the American Cancer Society, the benefits of quitting smoking are immediate. Within 20 minutes blood pressure drops, and within 24 hours a person's chance of heart attack decreases. The benefits continue for years, including reduced risk of lung cancer, stroke, and heart disease.

"New Year's Day is the single most popular day for giving up unhealthy habits. Quitting tobacco use now provides benefits that last a lifetime, and it is the single best thing that you can do for your health," stated Jim Rutherford, Calhoun County Health Officer. "There are tools and resources available to assist with quitting, and to help with becoming tobacco-free in 2013."

For more information, please contact the Michigan Tobacco Quitline at 1-800-QUIT-NOW (1-800-784-8669).

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